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# When life gives you lemons, make 100 home remedies to improve your health

Thursday, August 02, 2012 by: JB Bardot

(NaturalNews) When life gives you lemons, make lemonade and dozens of other foods and home remedies from this versatile fruit. Lemon's health benefits are due to the high concentration of vitamins B and C, antioxidants, protein, flavonoids, phosphorus, potassium, carbohydrates and volatile oils. Whether you're using this superfood to prevent kidney stones or making lemon-flavored cake icing, you'll reap the benefits in flavor and good health.

Lemon juice was used in ancient Egypt to undo the effects of food poisoning; and in India, Ayurvedic practitioners prescribed lemon peel to treat liver ailments. The Sicilians used lemon peel to make pickling brine and multiple cultures used it to prevent scurvy. Both the peel and juice of lemons are still widely used today to cleanse and tonify the liver.

## Lemon juice

Lemon juice possesses antibacterial, antiviral and immune-building properties. It fights disease and infection with high levels of bioflavonoids, pectin, limonene, citric acid, magnesium, calcium and vitamins. It stimulates digestion, promoting weight loss.

- ~ Mix lemon juice and water and swish to relieve a sore throat or canker sores. Add salt and gargle for tonsillitis.
- ~ Add lemon juice to hot tea and honey to reduce a fever, fight the flu, relieve nausea, and lessen a chill
- ~ Drink lemon juice to fight fatigue and replace electrolytes after vigorous exercise or overheating
- ~ Stop a nose bleed with lemon juice applied to cotton and placed in the nostril
- ~ Eliminate gall stones with lemon juice and olive oil
- ~ Reduce hypertension and lower LDL cholesterol with lemon juice home remedies. Prevent diabetes, relieve constipation, strengthen gums and teeth, cure kidney stones, heart disease and strokes, lower body temperature, and fight cancer with lemons.

## Hot lemon water

- ~ First thing in the morning, a glass of warm lemon water flushes the system, relieves edema, acts as a diuretic, aids digestion, fights hunger cravings, promotes weight loss and helps prevent coffee cravings
- ~ Relieve chest congestion and coughing, reduce allergies, clear the palate and freshen breath

## Topical applications

- ~ Lemon juice clears the skin, reduces acne, softens wrinkles, removes age spots, blemishes, scars and cleanses excess oils. The vitamin C, citric acid and alkaline properties fight bacteria both internally and on the skin.
- ~ Make an overnight home remedy with a slice of lemon as a poultice to remove corns and calluses
- ~ Relieve eczema with lemon oil, honey and warm water poultices
- ~ Mix lemon oil and honey and apply to soothe a bug bite
- ~ Combine lemon oil and water to make natural insect repellent
- ~ Eliminate varicose veins with applications of lemon oil mixed with almond, avocado or jojoba oil

## Balances pH

- ~ Lemon juice creates an alkaline-forming environment to balance the body's pH as well as restoring balance by providing vitamin C and high levels of potassium
- ~ Reduce acidosis and relieve arthritis, fibromyalgia and rheumatism pains with the alkalizing effects of lemon juice

## Lemon peel

~ Lemon peel reduces cramping and gas pains while it aids digestion; it increases circulation, stimulates urination and strengthens the immune system. The pith in lemon peel contains pectin, which helps chelate toxins and heavy metals.

## Mental and emotional uses for lemon

- ~ Lemon balm is calming and relaxing and can relieve bouts of anxiety, nervousness and tension
- ~ Lemon oil relieves fatigue and increases alertness and cognitive function
- ~ Promote sleep and reduce tension with a mixture of lemon balm, valerian, chamomile and hops as bedtime tea

## Non-medicinal uses for lemons

- ~ Remove stains from coffee and tea cups
- ~ Deodorize the garbage disposal
- ~ Flavoring in cooking and baking
- ~ Polishing mirrors and furniture
- ~ Making lemonade
- ~ As bath oil and in potpourri
- ~ Making candy and confections
- ~ Rinse hair with lemon water to increase shine

## Sources for this article include:

10 Reasons Why You Should Drink Lemon Water in the Morning, [La Jolla Mom](#), January 11, 2011 (**page 3**)

Lemon Peel, [Ask Dr. Mao](#), Dr. Mao (**4**)

15 Hidden Health Secrets of Lemons, Theresa Cheung, [Beliefnet](#) (**5**)

Health Benefits of Lemon, [Organic Facts](#) (**13**)

25 Health Benefits of Lemon, [Health Tips](#) Admin, July 6, 2009 (**15**)

## About the author:

JB Bardot is trained in herbal medicine and homeopathy, and has a post graduate degree in holistic nutrition. Bardot cares for both people and animals, using alternative approaches to health care and lifestyle. She writes about wellness, green living, alternative medicine, holistic nutrition, homeopathy, herbs and naturopathic medicine. Read her other articles on Natural News (**page 17**)

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## 10 Reasons Why You Should Drink Lemon Water in the Morning

by LA JOLLA MOM on JANUARY 11, 2011

in [HEALTH](#)



As you may know, I'm starting a [BluePrintCleanse](#) tomorrow morning. To prepare, BluePrintCleanse suggests that I drink lemon water first thing in the morning to kick start my digestive system. The water added to the lemon juice should be lukewarm, or as hot as I can tolerate. I decided to look into why this is recommended and after what I've learned, I'm thinking about making lemon water a regular habit. Hot lemon water:

- 1. Boosts your immune system:** Lemons are high in vitamin C, which is great for fighting colds. They're high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure.
- 2. Balances pH:** Drink lemon water everyday and you'll reduce your body's overall acidity. Lemon is one of the most alkaline foods around. Yes, lemon has citric acid but it does not create acidity in the body once metabolized.
- 3. Helps with weight loss:** Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet (see #2) lose weight faster.
- 4. Aids digestion:** Lemon juice helps flush out unwanted materials. It encourages the liver to produce bile which is an acid that required for digestion. Efficient digestion reduces heartburn and constipation.
- 5. Is a diuretic:** Lemons increase the rate of urination in the body, which helps purify it. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.
- 6. Clears skin:** The vitamin C component helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well. It can actually be applied directly to scars to help reduce their appearance.
- 7. Freshens breath:** Not only this, but it can help relieve tooth pain and gingivitis. The citric acid can erode tooth enamel, so you should monitor this. I admit, I'm slightly worried about it.
- 8. Relieves respiratory problems:** Warm lemon water helps get rid of chest infections and halt those pesky coughs. It's thought to be helpful to people with asthma and allergies too.
- 9. Keeps you zen:** Vitamin C is one of the first things depleted when you subject your mind and body to stress. As mentioned previously, lemons are chock full of vitamin C.

10. **Helps kick the coffee habit:** After I have a glass of hot lemon water, I actually don't crave coffee in the morning. This is weird, I can't explain it, but I'll take it.

The one thing I couldn't find a concrete answer for is why the water has to be hot. Having studied Chinese Medicine, I can only assume that cold water likely provides a shock or stress factor to the body. It takes energy for your body to process cold and really hot water, believe it or not. I asked BlueprintCleanse how much lemon they recommend you put in your water. They suggested just a wedge or 1/8 of a lemon.

**Tip:** Drink your warm lemon water in coffee cups that has coffee or tea stains. The lemon water will help remove them.

**Tip:** Grind the used lemon rinds in your garbage disposal to help deodorize it.

If you drink lemon water first thing in the morning, how is it going for you? This is my bowl of lemons in my Tiffany Atlas bowl, which will be empty by the end of the week.

Sources:

[Livestrong](#)

[Suite 101](#)

[Buzzle](#)

[Calorie Count](#)

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## Lemon Peel

By [DR. MAO](#)

Latin name: *Citrus limonum*, *limonis cortex*

### What is Lemon Peel?

Lemon peel is the outer peel of the lemon fruit, thought to be native to the Indian subcontinent of Asia. The lemon, known more for its juice, is used in cooking, making beverages like lemonade, and for household cleaning. Lemon peel produces oil, which is used prominently in Sicilian culture, and is also pickled in brine and sold for candying. It is also used in culinary, confectionary, and cosmetic applications. Lemon peel can also be used in potpourris and bath blends.

### What are the health benefits of Lemon Peel?

Lemon peel is used to aid digestion by helping to reduce gas and cramping in the digestive system. It is also used as a diuretic and it increases circulation. Lemon peel is often used as a tonic for the immune system and the skin. In Ayurvedic medicine, lemon peel is used to tonify the liver. In addition, there is a history of using lemon peel to treat and prevent scurvy.

*More information about the healing powers of Lemons can be found in the Food section.*

### Where can I find Lemon Peel?

Lemon peel can be found online, in herbal specialty shops, and in health food stores. You can also find it in food markets in the produce section—still attached to the lemon.

To unlock more health secrets from the Natural Health Dictionary, [download your copy for Amazon Kindle](#).

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# 15 Hidden Health Secrets of Lemons

1 of 17

## 15 Hidden Health Secrets of Lemons



**By Theresa Cheung**

Did you know the Ancient Egyptians believed that eating lemons and drinking lemon juice was an effective protection against a variety of poisons, and that recent research has confirmed this belief?

There are many health benefits of lemons that have been known for centuries. The two biggest are lemons' strong antibacterial, antiviral, and immune-boosting powers and their use as a weight loss aid because lemon juice is a digestive aid and liver cleanser. Lemons contain many substances--notably citric acid, calcium, magnesium, vitamin C, bioflavonoids, pectin, and limonene--that promote immunity and fight infection.

These are well-known health facts about lemons. But there's so much more to this little yellow fruit. Here are 15 that I'll bet you didn't know. Whether you use them in the form of juice, teas, drinks, dressing, poultices or in the bath, take advantage of lemons' natural healing power.

**Medical Precautions Note:** If you suffer from heartburn, kidney or gall bladder problems or have a citrus allergy consult your doctor before using these remedies or drinking lemon juice. To protect your teeth enamel, wait at least half an hour before brushing your teeth after chewing, drinking or rinsing with lemon juice. Rubbing lemon juice or oil and drinking lemon juice is not suitable for children under the age of 10. Lemons are effective home remedies for a variety of health concerns but in the case of serious illness always consult your doctor first.

## Abolish Acne



Lemon contains citric acid, which can be effective in treating acne. The vitamin C found in citrus fruits is vital for that healthy glowing skin while its alkaline nature kills some types of bacteria known to cause acne. In addition to drinking lemon juice with water first thing in the morning, here are some suggestions on how to prepare a homemade acne treatment using lemon:

- With your finger or a cotton ball, apply fresh lemon juice on acne and leave it overnight. Wash with water the following morning. There may be an uncomfortable sensation of burning at first, but it will soon disappear.
- Mix one part of freshly squeezed lemon juice with an equal part of rose or honey water. Put the mixture on affected areas for at least half an hour. Wash it afterwards with water. This application should be repeated twice daily, ideally in the morning and the evening.

Note: these remedies are safe and natural, but if acne is severe or there are open wounds, consult your doctor first.

## Abandon Your Anxiety



Research has shown that lemon balm has a calming effect and therefore may be able to help remove fatigue, exhaustion, dizziness, anxiety, nervousness, and tension. It is also believed that inhaling lemon oil helps in increasing concentration and alertness. It can therefore be used as a room freshener in offices to increase the efficiency of the employees. If you're feeling tense sprinkle a few drops of lemon balm essential oil (*Melissa officinalis*) on a handkerchief to inhale.

## Canker Sore, No More



The proven antibacterial and antiviral properties of lemons can accelerate the healing process in the case of cankers. Mix the juice of freshly squeezed lemon into a glass of lukewarm water and rinse your mouth with this solution; do this three times a day. There may be a burning sensation when the lemon juice comes into contact with the canker, however, the more frequently you use it, the less burning there will be.

5 of 17

## Leave the Fever



Chills and fevers may be due to a variety of causes, but the lemon is always a helpful remedy. Here is a method that can ease symptoms: add the juice of 1 lemon to a cup of hot water with honey and drink at once, then every 2 hours until the fever or chill subsides.



## Cold and Flu Got You Blue?



When you have a cold, the healing power of lemons works both internally, by supplying urgently required vitamin C to your defense cells, and externally, through the application of its antiviral properties to the virus on the mucous membranes in the nose and throat.

At the first indication of a cold – a runny nose or sore throat –try to give your body as much immune-boosting vitamin C as you can so that the virus is eliminated before it gets a chance to take hold. Drink the freshly squeezed juice of 1 lemon in a glass of lukewarm water every 2 hours.

If you have a sore throat, add the juice of 1 lemon and 1 teaspoon (5ml) of sea salt to 1 cup (250ml) lukewarm water. Gargle three times a day for 1 minute to diminish the burning sensation. If it's a case of tonsillitis, gargle every 2 hours for at least 30 seconds with the freshly squeezed juice of 1 lemon. Tilt the head back to allow the antibacterial and antiviral properties of the juice to flow into the back of the throat. You can swallow the juice when you have finished gargling thereby benefiting from an immune-boosting vitamin C shot.

7 of 17

## Cure Corns and Calluses



Lemon poultices applied overnight are a good home remedy for corns and calluses. Place a slice of lemon approx 5 mm thick on to the corn, bandage and fasten. Dabbing the affected area with lemon essential oil also helps accelerate the healing process. Take care to only use the undiluted oil on the callused area using a cotton ball or Q- tip, as it is too strong for un-callused skin.

## Erase Eczema



If you suffer from skin infection such as eczema, a lemon wrap may offer relief. Add 8 drops of lemon essential oil to 1 cup (250ml) lukewarm water and 1 tablespoon (15ml) of liquid honey. Honey also has anti-inflammatory effect and strengthens the healing power of lemon.

Soak a linen cloth in the liquid, squeeze out the excess, and gently place the cloth on the affected area for 15 minutes, 2 to 3 times a day. Not only will this ease the infection, it will counter the overwhelming urge to scratch.

## Fight Fatigue



Long distance walkers, world travelers, and explorers look upon the lemon as a Godsend. When fatigue sets in, they might suck lemon juice by piercing the top of the fruit with a straw, giving themselves a quick-acting medicine and a lovely refreshment.

Explorers also use lemon for protection against many infections of the tropics. A small amount of lemon juice will quench thirst more effectively than many times the amount of water. Experienced travelers declare that when they add lemon juice to ordinary drinking water, in various localities, it acts as an antiseptic and prevents illness due to allergy to different water supplies.

Lemon oil also seems to be able to stimulate brain activity so whenever you feel tired for no reason or are finding it hard to focus or concentrate, add 4 drops of lemon oil to a water-filled aromatherapy lamp. Alternatively, drink a glass of lemon water every few hours.

## Hexed with Halitosis?



Lemons can help freshen breath that has gone sour after consuming certain spices, alcohol, cigarettes, or that is caused by insufficient salivation. To keep breath fresh, thoroughly rinse your mouth several times a day with the freshly squeezed juice of 1 lemon in a glass of lukewarm water. Chewing on a lemon slice after every meal will also help.

11 of 17

## Healing Hypertension



Garlic and onions have been shown to be effective in the fight against hypertension, and they combine well with the healing power of lemon. Add 3 crushed garlic cloves and 1 chopped onion to 1 quart of cold skimmed or low fat milk or soy milk. Slowly bring to the boil and let it stand for 5 minutes. Pour through a sieve and chill. Add the freshly squeezed juice of 3 lemons and sip throughout the day.

And if you suffer from high cholesterol, don't forget that the pectin power in lemons along with its other metabolism and circulation boosting nutrients can help lower cholesterol.

## Smite a Bug Bite



If the stinger is still in the skin, take it out with a pair of tweezers. Massage 1 to 2 drops of lemon oil, mixed with 1 teaspoon of honey, into the skin around the bite.

To repel insects, add 20 drops of lemon oil to 1 cup (250ml) of water and spray into the air. It smells great and repels insects at the same time. Another home remedy is to place a cotton ball soaked in lemon oil in your bedroom. If you are sitting outside in the evening, apply lemon scent to skin areas not covered in clothing. Or, add 10 drops of lemon oil to 1 ½ oz of sunflower oil and rub into the skin.

## Put Insomnia to Rest



Several studies have found that lemon balm combined with other calming herbs (such as valerian, hops, and chamomile) helps reduce anxiety and promote sleep. In a recent double-blind, placebo-controlled study, 18 healthy volunteers received two separate single doses of a standardized lemon balm extract (300 mg and 600 mg) or placebo for 7 days. The 600 mg dose of lemon balm increased mood and significantly increased calmness and alertness.

## Pulverize Pain



Even though it tastes bitter, lemon juice has a powerful alkaline effect in the body and is therefore a natural agent against excess acid, which is in part responsible for rheumatism. Drink the freshly squeezed juice of 1 lemon in a glass of lukewarm water 3 times a day and if you experience severe pain add the juice of 2 lemons 3 times a day.

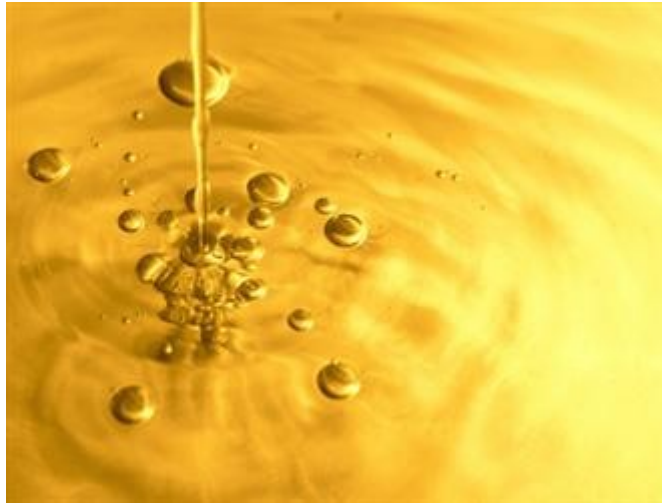
Lemon oil has pain-relieving qualities, so to inhibit inflammation and ease pain, massage the affected area daily with several drops of lemon oil mixed with 1 tablespoon (15ml) jojoba oil.

## Save your Stomach



Drink the juice of 1 freshly squeezed lemon in a glass of lukewarm water after each meal. The lemon acid will stimulate the production of stomach acid and the activity of stomach muscles.

## Say Adios to Varicose



Lemon oil has vessel-strengthening properties that can help fight varicose and spider veins. For spider veins, take 2 to 3 drops of lemon oil every day and mix in a small bowl with jojoba, avocado or almond oil and massage the affected area.

For varicose veins, add 6 drops of lemon oil to 1 ½ oz (50 ml) wheat germ oil, and 2 drops each of cypress and juniper oil. Use this mixture daily for a gentle massage of the legs from bottom to top, in the direction of the heart. For a vein and vessel-rejuvenating bath add 8 drops of lemon oil to a warm bath. Also add 4 drops of cypress oil blended with 1 tablespoon (15ml) of honey. Soak in the bath for 15 minutes and when you come out, pat your skin dry – don't rub it.

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**Medical Precautions Note:** If you suffer from heartburn, kidney or gall bladder problems or have a citrus allergy consult your doctor before using these remedies or drinking lemon juice. To protect your teeth enamel, wait at least half an hour before brushing your teeth after chewing, drinking or rinsing with lemon juice. Rubbing lemon juice or oil and drinking lemon juice is not suitable for children under the age of 10. Lemons are effective home remedies for a variety of health concerns but in the case of serious illness always consult your doctor first.

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## Health Benefits of Lemon

Health benefits of [lemon](#) include treatment of throat infections, indigestion, constipation, dental problems, [fever](#), hair care, skin care, internal bleeding, rheumatism, [burns](#), overweight, respiratory disorders, cholera and high blood pressure. Known for its therapeutic property since generations, [lemon](#) helps to strengthen your immunity system and cleanses your stomach. It is not only a blood purifier but also enables body to fight diseases. Lemon juice, especially, has several health benefits associated with it. Useful for treating kidney stones, curing heart strokes and reducing the body temperature, lemonade helps you to stay calm and cool.

Health benefits of lemon are due to many nourishing elements like [vitamin C](#), vitamin B, [phosphorous](#), proteins, and carbohydrates present in it. Lemon is a fruit that contains flavonoid, a composite that holds antioxidant and anti-cancer properties. It helps to prevent [diabetes](#), constipation, high blood pressure, skin care, [fever](#), hair care, dental care, indigestion and many other health problems. Studies conducted at the [American Urological Association](#) highlight the fact that lemonade or lemon juice can cure kidney stones by forming urinary citrate, which can prevent formation of crystals.

People use lemon to make lemonade by mixing lemon juice with [water](#). Many people use lemon as a washing agent, as it can remove stains. Lemon can also repel mosquitoes. Drinking of lemon juice with [olive](#) oil helps to get rid of [gall stones](#). Lemon is well known for its medicinal control and is used in many different ways. As per the results reported in a study of [Annals of the Rheumatic Diseases](#), lemon provides human guard against inflammatory polyarthritis and [arthritis](#).



**Various health benefits of lemon can be described as under:**

- **Indigestion and Constipation:** Lemon juice helps to cure problems related to indigestion and constipation. Add a few drops of lemon on your dish (take care lemon does not go well with [milk](#)), and it will aid in digestion. Lemon acts as a blood purifier and a cleansing agent. A good drink post lunch or dinner is fresh lemon soda (also called fresh [lime](#) soda in many places). The recipe is add lemon juice, some cold [water](#), soda, salts (common salt or rock salt) and sugar/[honey](#) (if you want it sweet), and mix it in a glass. You can also add some [mint](#) leaves or crushed [fennel](#) seeds for added taste. Drink this whenever you have a heavy lunch/dinner.
- **Fever:** Lemon juice can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.
- **Dental Care:** Lemon juice is used in dental care also. If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon juice on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums. In addition, lemon can also be used in regular cleansing of your teeth. You can look for a toothpaste containing lemon as one of the ingredients, or add a drop of lemon juice on your toothpaste. Some people also rub their teeth with the outer shell (the inner side touching your teeth) of a lemon after removing the juice. Take care - if your mouth starts burning, quickly put some water in your mouth.
- **Hair Care:** Lemon juice has proved itself in the treatment of hair care on a wide scale. Lemon juice if applied on the scalp can treat problems like dandruff, hair fall and other problems related to hair and scalp. Lemon juice if applied on the hair, gives a natural shine to hair.



- **Skin Care:** Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Lemon juice can be applied to stop sun burn also. It helps to get relieved from bee sting as well. Lemon juice can also be applied on the skin for [acne](#) and [eczema](#) problems. It acts as an anti ageing remedy and can remove wrinkles and blackheads. Drinking of lemon juice mixed with water and [honey](#) brings glow to the skin. If you search thoroughly in the market, you will find some soaps containing lemon juice also.
- **Burns:** Lemon juice if applied on the areas of [burns](#) can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.
- **Internal Bleeding:** As lemon has antiseptic and styptics properties, it can stop internal bleeding. You can apply lemon juice on small cotton and place inside to nose to stop nose bleeding.
- **Rheumatism:** Lemon is also a diuretic and can treat rheumatism and [arthritis](#). It helps to flush out bacteria and toxins out of the body.
- **Weight Loss:** If a person takes lemon juice mixed with lukewarm water and honey, it can reduce the body weight as well. [Read more](#)
- **Respiratory Disorders:** Lemon juice assists in curing respiratory problems, along with breathing problems and revives a person suffering from [asthma](#). Lemon, being a rich rich source of [vitamin C](#), helps in dealing with respiratory disorders.
- **Cholera:** The diseases like cholera or malaria can be treated with lemon juice, as it acts as a blood purifier.
- **Foot Relaxation:** Lemon is an aromatic and antiseptic agent and is useful in foot relaxation. Add some lemon juice in warm water and dip the foot in the water to get foot relaxation.
- **Corn:** Lemon juice can dissolve lumps on the skin. It can be applied at the places where the skin has been hardened up. Drinking of lemon juice with water can facilitate the patient to get rid of stones.
- **Throat Infections:** Lemon is an excellent fruit that aids in fighting problems related to throat infections as it has an antibacterial property.
- **High Blood Pressure:** Drinking lemon juice is helpful for people suffering with heart problems as it contains [potassium](#). It controls high blood pressure, [dizziness](#), nausea as provides relaxation to mind and body. It reduces mental stress and depression.



### Lemon: Nature's Boon

Lemon has proved to be nature's boon to the entire mankind. It gives solution to many health related problems. It has its own set of antiseptic and natural medications. Make sure you eat atleast one-fourth or half lemon daily.

[Back to Health Benefits of Food](#)

References: [American Urological Association](#) and [Annals of the Rheumatic Diseases](#)

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## [25 Health Benefits of Lemon](#)

Posted by Admin at [8:08 AM](#) Monday, July 6, 2009

Labels: [Benefit](#), [fruit](#)

**25 Health Benefits of Lemon ....** Do try my friends

Lemon is one of those super foods with a myriad health and cosmetic benefits. There are a few persons for whom it is an allergen, so make sure you are not allergic to this natural product, before you start enjoying the many benefits.





1. Lemon being a citrus fruit, fights against infection.

It helps in production of WBC's and antibodies in blood which attacks the invading microorganism and prevents infection.

2. Lemon is an antioxidant which deactivates the free radicals preventing many dangerous diseases like stroke, cardiovascular diseases and cancers.

3. Lemon lowers blood pressure and increases the levels of HDL (good cholesterol) .

4. Lemon is found to be anti-carcinogenic which lower the rates of colon, prostate, and breast cancer.

They prevent faulty metabolism in the cell, which can predispose a cell to becoming carcinogenic.

Also blocks the formation of nitrosamines in the gut.

5. Lemon juice is said to give a glow to the skin.

6. A few drops of lemon juice in hot water are believed to clear the digestive system and purify liver as well.

7. The skin of lemon dried under the sun and then ground to make powder can be applied to the hair for a few minutes before bath which relieves head ache and cools the body.

8. Applying lemon juice to acne dries the existing ones and prevents from getting more.

9. Lemon juice acts as a natural hair lightener and skin bleach which reduces the pigment melanin and prevents the risk of chemical allergic reactions which is common with hair dyes and bleaches.

10. Lemon juice is given to relieve gingivitis, stomatitis, and inflammation of the tongue.

11. Lemon juice is given to prevent common cold.

12. Lemon juice is given to prevent or treat urinary tract infection and gonorrhea.

13. Lemon juice is applied to the sites of bites and stings of certain insects to relieve its poison and pain.

14. Lemon juice relieves colic pain and gastric problems.

15. Lemon juice soothes the dry skin when applied with little glycerin.

16. Lemon juice used for marinating seafood or meat kills bacteria and other organisms present in them, thereby prevents many gastro-intestinal tract infections.

17. Lemon juice with a pinch of salt (warm) every morning lowers cholesterol levels and brings down your weight.

18. Lemon juice is the best drink to prevent dehydration and shock in case of diarrhea.

19. Lemon juice can also be used as a mouthwash. It removes plaque, whitens the teeth and strengthens the enamel.

20. A table spoon on thick lemon syrup everyday relieves asthma.
21. Lemon juice relieves chilblains and itchy skin.
22. Gargling lemon juice relieves throat infection and also used as a treatment for diphtheria.
23. Lemon juice is an excellent treatment for dandruff and greasy hair.
24. Lemon applied over the face removes wrinkles and keeps you young.
25. Lemon juice helps to prevent and cure osteoarthritis.



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(NaturalNews) Most dogs and cats dislike unexpected, loud noises from thunder or fireworks. What may be a festive time for humans, turns into a night of horrors for many pets, making them run for cover or cower in fear at our ankles. Calm and protect...

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(NaturalNews) A huge leap in the natural treatment of Alzheimer's disease was recently reported at the Neuroscience Conference in Washington by the National Center for Homeopathy. Homeopathic manufacturer and research organization, Heel, presented studies...



# Live Naturally with Herbs: Lemon Verbena

Friday, July 03, 2009 by: Katherine East

(NaturalNews) Lemon verbena (*Aloysia triphylla* - previously *Lippia citriodora*) is a richly scented herb and has a long history as a sacred and medicinal plant. Garlands and wreaths of it were commonplace at festive ceremonies as well as its use in teas and drinks for festive occasions and for bridal posies and festive parades. Considered to be a calming and gentle medicine, its history is lost in the mists of time. But every village square and place of worship had lemon verbena planted around it and hedges of it protected graveyards, inns and places of family gathering.

Originating in Argentina and Chile, Lemon Verbena was introduced to the rest of the world in the late 1700`s. Its refreshing lemon fragrance made it an instant favorite especially in the perfume industry and it was one of the ingredients in a popular cologne made in France around the 1850`s. Its use in the perfume trade declined due to the expensive oil extraction process, but as a garden plant, in pot pourri, as an air freshener and a soothing tea, Lemon verbena remains a valuable herb in the world today.

## Lemon Verbena Uses - Therapeutic Properties and Health Benefits

- Lemon verbena makes an excellent tea - place four leaves in a cup of boiling water, let it stand for five minutes, stir, strain, add a slice of lemon and a touch of honey and sip slowly to ease tension, anxiety, stress and indigestion and to reduce fever. Its calming, soothing properties seem to ease a feverish cold, relax muscles, ease asthma, colic, flatulence and diarrhea.
- A sprig of Lemon verbena can be added to a teapot of Ceylon tea or rooibos tea, served sweetened with a little honey and without milk. This is considered to be an excellent digestive tonic, that will calm nervousness and shakiness.
- The strong citrus scent of Lemon verbena is an excellent insect repellent. In years gone by, bunches of Lemon verbena were hung over stable doors and it was rubbed onto door frames and thrown onto stable floors where horses would trample it, keeping the flies away.
- Lemon verbena leaves tucked behind books or placed on shelves keep fish-moths away. Place a sprig in your vacuum cleaner bag to help freshen the air in your home.
- Tie a bunch of fresh Lemon verbena sprigs over the hot water tap and make a fabulous scented bath. This helps tired muscles relax; aching shoulders release their tension and even the nasal passages are opened by the strong refreshing scent.

## Recipe for Natural Lemon Verbena Air Freshener

This is an excellent recipe for refreshing and scenting a room. It is wonderful for getting rid of unpleasant odors such as pet smells, stale air and smoke from a room.

- 4 - 6 cups of dried lemon verbena leaves
- 1 cup clove and cinnamon pieces mixed
- 1 cup thinly sliced and dried lemon rind
- 1 cup dried coriander seed
- 4 teaspoons clove oil
- 4 teaspoons lemon oil



Mix the cloves, cinnamon, lemon peel and coriander seed well. Add the clove and lemon oils. Spoon into a large screw-top jar and shake well. Seal for two or three days, giving it a daily shake so that the oil soaks into the spices and peel. Then in a large bowl mix the lemon verbena leaves into the spicy mixture and add more clove and lemon oil if necessary. Return to the jar, seal it tightly and shake. Leave it to stand for three or four days, giving it a daily shake. Now fill small bowls with the fragrant mixture and place them in the room. At night return the contents to the big jar or the bowl and seal to keep it dust free. When the scent starts to fade revive it with more clove and lemon oil. The secret is to keep the jar well sealed when not in use.

A cautionary note: Prolonged internal use of Lemon verbena or large internal doses may cause gastric irritation.

Information Resources:

[http://www.ageless.co.za/lemon\\_verbena.htm](http://www.ageless.co.za/lemon_verbena.htm)

<http://www.herbsociety.co.uk/hom-lemon-verbena.htm>

[http://www.hort.purdue.edu/newcrop/med-aro/factsheets/LEMON\\_VERBENA.h...](http://www.hort.purdue.edu/newcrop/med-aro/factsheets/LEMON_VERBENA.h...)

Illustrated Book Of Herbs - New Holland Publishers LTD

## About the author

Katherine Oosthuis is completing a Diploma in Nutritional Therapy. She researches and writes for a health and nutrition website [Detox For Life](#) . Her passion is to make research available to those who are looking to improve their well-being and revolutionise their health through better nutrition and alternative medicines.

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## The lemon detox diet - a recipe that really works

Sunday, May 13, 2012 by: Aurora Geib

(NaturalNews) Ever since Beyonce Knowles was associated with the Lemon Detox diet, there has been a surge of interest in this particular program. Also known as the Master Cleanse, this detox diet has been around for almost 50 years and has seen variations on its recipe and program. It's effectivity in breaking down built up toxins in the body while contributing to short term weight loss has made it a popular option for a spring detox.

## Reviewing the Master Cleanse

The Lemonade Detox diet first became effective, strangely, when its creator, Stanley Burroughs, recommended it for the healing of stomach ulcers. In his book "The Master Cleanser", he goes on to share how he first came to test the Master Cleanse diet on a patient who was suffering from ulcer for three years. Left with no other recourse, the patient approached Stanley who recommended that he undertake the cleanse. After eleven days, the patient was totally healed to the amazement of the doctors. Many other cases followed with same consistent and astounding results corrected within ten

days. Of particular note also was that those undergoing the Master Cleanse also experienced a reduction in weight.

If there have been doubts as to the veracity of Stanley Burrough's claim of the Lemon Detox diet's effectivity, there have been testimonies over the years of its efficacy. Of recent vintage is Tom Woloshyn's work, "The Master Cleanse Experience", published by Ulysses Press in 2009. This book briefly mentions Woloshyn's experience in advising clients who has undergone the Master Cleanse program and provides among other insights health benefits which include better sleep, positive outlook, clarity of mind and freedom from addictions. He, thus, advocates keeping a journal to monitor developments as well as a reference for future use when undergoing the program for the second or many more times over.

The Master Cleanse operates on the principle that, for disease to be addressed, cleansing must be undertaken. Simplifying and correcting disorders through this process is actually a way of correcting every disease. Developments in nutrition and science have clearly identified improper diet, negative mental attitudes and inadequate exercise as the factors that create the conditions to produce toxin build up over time. That is why the Master Cleanse is not an end to itself. It is actually just the tip of a long chain of healthy decisions of those who wish to undertake it. Observing a healthy diet, regular exercise as well as stress reduction is essential in maintaining the gains that the Master Cleanse Detox diet can offer.

## Surrendering to the process

Undergoing a detox diet is just like preparing for a marathon. It is necessary to keep sight of your goals or you stand to be cast in the wayside, a victim of your doubts. Tom Woloshyn offers this delightful insight when encouraging first timers who wish to undertake the Master Cleanse, fully knowing its side effects firsthand. Defining the outcome after having identified where you are, and what you want to achieve is the next step to achieving the goal you have set for yourself.

According to Woloshyn, some people prepare themselves before undergoing the detox by going on a vegetarian diet. It's less stressful on the body and makes the transition to the Master Cleanse easier. For those who regularly take coffee or soda drinks, a gradual reduction in intake are recommended as well as taking pantothenic acid (vitamin B-5) to help prevent the onset of headaches brought about by caffeine withdrawal.

People who have undergone organ transplants as well as those on immune suppressant drugs cannot take the fast. Woloshyn warns that the cleanse stimulates the immune system while effectively inhibiting the results of the drugs, this combination will most likely lead to the organ transplant being rejected by the body.

## How to do the Master Cleanse

The Lemon Detox diet is a cleansing program and encourages only the intake of lemonade made from the following ingredients: lemons, pure maple syrup, cayenne pepper and water for a minimum of ten days only.

To create the mixture, mix the ingredients in the amount instructed by Burroughs and drink a minimum of at least six to twelve glasses of the concoction daily through out the day. Drink the lemonade whenever hunger pangs strike.

A laxative must be taken in the morning and then in the evening. Using a salt water flush instead of a morning laxative can also be availed of instead. However, be sure to observe at least three bowel movements in a day. This will ensure that the waste accumulated in the intestinal walls is totally removed.

Always enjoy the Master Cleanse lemonade drink fresh and do not subject it to microwave as doing so will minimize its effectiveness. For each successful day, the psychological need to eat is slowly overcome full, providing confidence and a sense of control that motivates the person undergoing the diet.

Breaking the Master Cleanse is just as critical as starting it. On day one coming off the fast, immediately after the end of the master cleanse, slowly introduce orange juice into the diet. Day two will see the introduction of vegetable soups and broths. Day three observe a diet of fruits and vegetables. Be careful not to overeat or eat too soon and drink plenty of water.

Slowly ease your self to a normal diet and avoid meat, fish, milk and eggs.

After undergoing the Master Cleanse, it is advisable to eat wisely. The gains derived from the Master Cleanse diet will surely be a powerful foundation to change old habits and start a life free from disease.

## The lemonade recipe

The original recipe by Stanley Burroughs produced fantastic results for almost 50 years. However, some have been promoting alterations of the original recipe. The problem with this arrangement is that they are done without understanding why the original ingredients work. Since the Master Cleanse is essentially a juice fast, adding shakes, cayenne pepper capsules or protein powder in an attempt to improve its efficacy is self defeating because it reduces the efficacy of the diet.

The purpose of the program is to give the digestive tract a ten day vacation, so adding things to be digested does not

contribute to the objective of the diet. Stanley Burroughs in fact discourages the intake of supplements and vitamins during the program because it interferes with the body's elimination system. Furthermore, the natural sources of vitamins and minerals already found in lemon and the maple syrup already provide for the body's needs during the detox program.

Other alterations include mistakes in the ratio of water through modification of the original recipe and dilution. This modification defeats the purpose of the minimum 6 drinks a day because it is more than the amount of water required. It is best to remember that variations on the process and especially in the recipe will not produce the results that originally worked for the many that faithfully followed the original Master Cleanse program and lemonade recipe.

This is the classic single serve recipe provided in Stanley Burrough's book:

2 (tbs). of lemon or lime

2 (tbs). of genuine maple syrup

1/10 tsp cayenne pepper

10 oz. water (hot or cold as preferred)

For those who cannot enjoy their lemonade, Tom offers this alternative:

1. Mix equal parts of lemon juice and maple syrup as a concentrate in a dark container. Keep this mixture cool.
2. Make enough concentrate for as long as you are incapable of making the fresh lemonade juice.
3. Every time you want a glass of lemonade, measure 4 tbs. of this mixture in a glass.
4. Add water and cayenne pepper, stir and drink. The maple syrup preserves the lemon juice and prevents oxidation of the vitamin C and enzymes.

Tom Woloshyn fondly recalled Stanley Burrough's remarks. He was said to have repeated many times over a phrase most technical people use when instructing frustrated customers, "When all else fails, follow the instructions." In order to ensure success and experience the benefits of the Master Cleanse Detox diet, it is essential to understand how to do the program properly. Faithfully following what has been prescribed is the first step in this direction.

#### Sources for this article:

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## Lemon grass eases muscle cramps

Friday, September 16, 2011 by: Lenette Nakauchi

(NaturalNews) Since the beginning of medicine, people have looked for a way to ease the pain and discomfort of a variety of ailments. Over time, some herbs have been found to be highly effective as natural remedies, and lemon grass is one that is known to alleviate the pain felt as a result of muscle cramps. Effective in a variety of forms and for a diverse list of medical issues, lemon grass is a very widely used herb that has been incorporated into numerous industries.

Known officially as *andropogon citratus*, or *andropogon flexuosus*, lemon grass has also been assigned the monikers lemongrass, scurvy grass, citronella grass, and fever grass. It is a perennial tropic grass that grows primarily in warm climates and is often found in Asian countries, as well as Africa and South America. With roughly 55 species known to provide medicinal treatment, lemon grass has also been used as thatching for huts and cottages in traditional cultures.

The benefits of lemon grass are evident before the herb is even prepared, as the leaves have an aromatic smell that can be used as fragrance in potpourri and sachets. The leaves themselves, which are a staple in Ayurvedic medicine, vary in color from yellow to reddish brown and can be used in fresh, dried, powdered, and oil form. Oil form is one of the most popular; essential oils are distilled from the lemon grass leaves and are very thin in texture, similar to water.

Lemon grass is known as a great natural treatment for muscle cramps, as it alleviates the stress in the tissues and helps the muscles relax. But this herb has many other applications, ranging from a food additive to a fragrance used in beauty products. Some of the various uses of lemon grass include: a flavor supplement in food, especially wine and sauce; a fragrance for soaps, creams, detergents, perfumes, lotions, and hair products; a pesticide and rodent repellent; a degreaser; a treatment for depression; and a natural, safe way to fight off fatigue and to invigorate the senses.

Additionally, Chinese herbalists have long used lemon grass to treat a variety of ailments, including: colds, fungal infections, stomach aches, digestion issues, spasms, toothaches, the buildup of mucus, and rheumatic pain. Lemon grass also kills germs, stops flatulence, helps blood to clot, acts as diuretic, increases kidney health, serves as a sedative, treats ringworm, and is an effective tonic.

Though the benefits of lemon grass seem to go on and on, there are two issues that people using this herb should keep in mind. First, when used topically, lemon grass can cause irritation to sensitive skin. To prevent discomfort, it is recommended that anyone using lemon grass for the first time apply it to a small patch of skin to ensure that s/he does not have an adverse reaction. Additionally, it is highly recommended that pregnant women refrain from using lemon grass.

Clearly, the health benefits of lemon grass include the ease of muscle cramps and so much more. As a staple in modern and ancient natural medicine, lemon grass has proven itself to be a versatile and effective treatment for many ailments. It is a wonderful herb that will provide many health benefits. The ability of this herb to alleviate muscle cramps can be heightened by using it in a smoothie or elixir after a workout.

*Here is a quick and simple recipe you can try: blend 1 inch of the lemon grass root with 2 cups water, add a dash of stevia and cinnamon and/or vanilla, strain and enjoy!*

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## About the author

Lenette Nakauchi is a vibration exercise and detox expert who is passionate about demonstrating to others how to get lean and fit in a fun, healthy, sustainable way. Learn more about vibration exercise and how it's used for fitness, therapy, and weight loss at <http://www.thenoblerexk1.com>. Learn more about her detox and cleansing product at <http://www.3daycleanse.com>.

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# Ten reasons why you should have warm lemon or lime water daily

Sunday, August 21, 2011 by: Paul Fassa

(NaturalNews) A glass of warm lemon or lime water first thing in the morning is surprisingly helpful in several ways. This Yogic or Ayurvedic ritual was primarily for stimulating digestion and eliminating ama, the Ayurvedic term for toxic slime that builds up in the gastro-intestinal or GI tract. This ritual has even more health benefits.

## The Ten Reasons Why

- 1) The warm lemon water helps purify and stimulate the liver. Lemon/lime water liquefies bile while inhibiting excess bile flow.
- 2) Warm lemon/lime water aids digestion. It's atomic composition is similar to saliva and the hydrochloric acid of digestive juices.
- 3) The liver produces more enzymes from lemon/lime water than any other food, according to A.F. Beddoe, author of *Biological Ionization as Applied to Human Nutrition*.
- 4) The lemon/lime water helps bowels eliminate naturally and easily.
- 5) Lemons and limes are high in potassium. Potassium is an important mineral that works with sodium for smooth electrical transmission in the brain and nervous system. Depression, anxiety, fogginess, and forgetfulness can often be traced to low potassium blood levels. That same nervous system needs potassium to assure steady signals to the heart. So your heart health is improved from the lemon water's potassium.
- 6) Calcium and magnesium are plentiful in good ratio to each other in lemon/lime water. Magnesium is important for heart health and calcium prevents rickets.
- 7) Lemon/lime water can help lower blood pressure.
- 8) Lemon/lime water has an alkalizing effect in the body as it is buffered. Even if you drink it *just before any meal*, it will help your body maintain a higher pH than if you didn't drink it. The higher or more alkaline your pH, the more your inner terrain is resistant to minor and major disease.
- 9) Helps dilute uric acid, which if it accumulates it creates arthritic pain or gout.
- 10) Helps reduce phlegm in the body.

## How and When

Warm purified fluoride free water or spring water should be used. At least a half of a lemon or lime should be thoroughly squeezed into a half glass of the warm water without any sweetener. It's better to use a lemon/lime squeezer to get

maximum juice with minimum seeds and effort. This should be done first thing in the morning on an empty stomach, and don't start eating breakfast right away. Some recommend an hour before eating for maximum results.

One technique to assure proper timing would be to heat up water and put it into a thermos before going to bed. Then mix that hot water with room temperature purified lemon or lime water upon arising. Drink it down quickly, then go about your other morning routines before eating breakfast.

The warm lemon/lime water daily habit is as cheap and easy as it gets to help you improve and maintain your health. Bottoms up!

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## About the author

Paul Fassa is dedicated to warning others about the current corruption of food and medicine and guiding others toward a direction for better health with no restrictions on health freedom. You can visit his blog at <http://healthmaven.blogspot.com>

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# How to use lemon juice to replace toxic chemicals in your home

Thursday, April 19, 2012 by: Elizabeth Walling

(NaturalNews) You don't have to waste money on toxic chemicals to clean your home, treat a cold, or pamper your skin. Lemon juice is a simple, natural alternative that can replace countless bottles of over-priced chemicals.

## 10 creative ways to use lemon juice

1. **Grease removal** - A mixture of plain water and lemon juice is tough enough to bust through any grease on your kitchen appliances and counter tops.

2. **Disinfect and deodorize your kitchen** - Is your refrigerator or cutting board *really* clean? Surfaces where we prepare and store food need to be clean, but this is also exactly where we don't want to use toxic chemical cleaners. Lemon juice is excellent for disinfecting these surfaces, and will also remove unpleasant stains and odors.
3. **Sooth a cough** - Mix some raw honey with an equal amount of lemon juice to ease your coughing. This also works well for a sore throat.
4. **Enhance digestion** - Fresh lemon juice in water can aid digestion during meals. It's also a great way to hydrate in the morning when you first wake up.
5. **Tone your skin** - Use a cotton ball to apply a light layer of diluted lemon juice to your skin. Let it sit for ten minutes and then rinse away with cool water. The lemon juice will naturally exfoliate your skin, and can also lighten dark spots and scars.
6. **Clean glass** - Lemon juice is just what you need to bring the sparkle back to that dull vase, coffee pot or decanter. You can also use one part lemon juice in ten parts water to shine your windows.
7. **Clean and soften your hands** - Lemon juice is excellent for removing stains and odors left on your hands. Lightly scrub the lemon juice into your hands with a sponge, then rinse and moisturize as usual. Your hands will feel clean, soft and fresh.
8. **Remove tarnish** - A simple paste of table salt and lemon juice can make tarnished copper, chrome and brass gleam again. Apply the mixture, allow it to sit for ten minutes, then rinse with warm water and buff gently to shine.
9. **Get sun-kissed hair highlights** - Chemicals used to lighten hair can be highly toxic. Get natural highlights by spritzing your hair with lemon juice before you go out in the sun. As an added bonus, rinsing your hair with lemon juice removes build-up and gives your locks incredible shine.
10. **Clean your toilet** - Toilet cleaning products are harsh and unnecessary. A mixture of borax powder and lemon juice will leave your toilet looking (and smelling) as good as new!

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**About the author:**

Elizabeth Walling is a freelance writer specializing in health and family nutrition. She is a strong believer in natural living as a way to improve health and prevent modern disease. She enjoys thinking outside of the box and challenging common myths about health and wellness. You can visit her blog to learn more:

[www.livingthenourishedlife.com/2009/10/welcome.html](http://www.livingthenourishedlife.com/2009/10/welcome.html)

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Natural News.com

# (Part II) Why lemons should be in your home

Sunday, October 31, 2010 by: Cindy Jones-Shoeman

(NaturalNews) Lemons are sometimes missed as being a one-note fruit: seen as wedges dangling on the side of a glass at one's favorite restaurant or as round slices suspended in a pitcher of refreshing lemonade. But lemons offer so much more to one's household. In fact, it's surprising that lemons aren't more revered than they already are.

Part I of this series explored how lemons can be used in cooking and cleaning around the house. Part II looks at how lemons can be used as a beauty aid and for multiple health purposes.

**Beauty Aid:** Lemons have a huge place in the world of beauty. Lemons can be used as a natural deodorant or as a facial cleanser or toner. They have also been used for years to bleach elbows, but they are also a natural way to bleach hair, if someone so desired. They can also be used as a scalp and/or hair treatment, to exfoliate skin, for blemishes, and for bleaching and strengthening fingernails and toenails. Finally, lemons can also freshen a person's breath. Many people would agree they are a lot better than those minty mouthwashes.

**Health:** Yes, lemons are used for food, and they can be used to clean one's house and to create inexpensive healthy alternatives to a variety of beauty products. But what about health? Aside from the nutrients in lemon that are ingested when a person eats one, what other health benefits do lemons offer?

Ann Heustad, RN, states that not only does lemon help with a host of digestive problems, but that it can also help with intestinal issues as well. Lemon is not only a cleansing agent in the kitchen; it's a cleansing agent in the body. It aids the body in removing toxins, and it literally cleans from head to toe. Heustad also explains how lemon is good for the liver, and it can be used as a remedy for everything from a sore throat to stomach ulcers.

Theresa Cheung suggests that lemons can also be used to help ease anxiety and fevers and fight off bugs like cold and flu when ingested and used topically. She also recommends them as a cure for skin-related ailments, such as corns, calluses, eczema, and more.

With all the versatile uses for lemons, it's easy to see that every household should buy lemons by the bag. Lemons are terrific when used in beverages, but nature intended them to be for so much more. They're wonderful when used in cooking, in household cleaning, as a beauty aid, and for one's health. So stock up and make room in the fridge for one of the most wonderful of fruits!

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## About the author

Cindy Jones-Shoeman is the author of Last Sunset and a Feature Writer for Academic Writing at Suite101.

Some of Cindy's interests include environmental issues, vegetarian and sustainable lifestyles, music, and reading.

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